



The Association
for Child and Adolescent
Mental Health



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Compassion Twilight Series

Wednesday 29 November / 18.30 (19.00 start) - 20.30 / Bristol

The Watershed, 1 Canon's Road, Harbourside, Bristol BS1 5TX

The ACAMH Avon Branch invites you to join us at the first of three Compassion-focussed Twilight events. The talk title of this first event is 'A brief introduction to compassion focused therapy followed by a discussion on its merits and adaptations for working with parents, children & young people.'

Compassion-focused therapy was developed as a means of addressing psychological difficulties underpinned by shame and self-criticism. The model draws on social, neurophysiological and evolutionary theory to seek to understand emotional regulation and our basic social motivational systems. It postulates the benefit of mindfully tuning into and developing compassion, activating our 'affiliative/soothing system' and balancing our affect regulating systems, particularly in response to threat.

In recent years there has been a growing evidence base for the approach. It has been adapted and tailored for those experiencing trauma, eating related difficulties, psychosis, physical health conditions and work related stress. It is also used in schools, with children, young people and families and a range of residential settings.

Speaker: Mary Welford DClinPsy

Mary is a consultant clinical psychologist who lives and works in the South West of England. She is a founding member of the Compassionate Mind Foundation, and she has been involved in the British Association for Behavioural and Cognitive Psychotherapies (BABCP) for several years. Working alongside Paul Gilbert, she helped to develop compassion-focused therapy (CFT).

Follow the latest news on this 'Compassion Twilight Series' follow us on social media @acamh and visit www.acamh.org

This is the first in a series of three events. The next two in this series are:

Wednesday 31 January 2018
Compassion fatigue in the helping professions
Speaker: Dr Lucy Maddox, Consultant Clinical Psychologist

Wednesday 28 March 2018
Compassion in education settings
Speaker: Zoe Pither, Widening Participation Student Support Manager and Independent Wellbeing Practitioner

These Twilight Series events will **SELL OUT** so **BOOK NOW!**

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